



CITY OF BRIDGEPORT SENIOR CENTERS NEWSLETTER

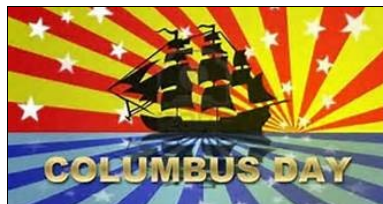
263 Golden Hill Street
BRIDGEPORT, CONNECTICUT 06604

OCTOBER 2013

TELEPHONE 203-576-7993



**OCTOBER 31
HAPPY HALLOWEEN**



**OCTOBER 14
WE WILL BE CLOSED**

Don't Know why My Neighbors
are Decorating for Halloween..
Their Kids didn't take their
masks off all year!



Department of Aging Mission Statement

To make certain that all Bridgeport Seniors will be able to reach their full potential by providing opportunities for socialization, information, referral and by assuring that they can utilize available nutrition, social services, health, swim aerobics, and transportation programs.



**The Hairdresser will be
at the Eisenhower Senior
Center on Wed.,
Oct. 9, 2013 at
9:30 a.m.
Donation: \$10.00**

October Birthdays



**Wishing our Seniors
born in October a very
Happy Birthday!**

TRIVIA ANSWERS

•History

1. Richard M. Nixon
2. Apollo 13, 1970
3. Three Mile Island

•Sports

- Mark Spitz
- Richard Petty
- Nadia Comaneci, 1976
-

•Pop Culture

1. Atari
2. Jonathan
Livingston Seagull
3. Disco
- School House Rock

City of Bridgeport Senior Center Directory

Eisenhower Senior Center

263 Golden Hill St.
Bridgeport, CT 06604
Phone: (203) 576-7993
Fax: (203) 576-7521

Black Rock Senior Center

2676 Fairfield Ave.
Bridgeport, CT 06605
Phone: (203) 576-7258

East Side Senior Center

1057 East Main St.
Bridgeport, CT 06608
Phone: (203) 576-7212

North End Bethany Senior Center

20 Thorne St.
Bridgeport, CT 06606
Phone: (203) 576-7730

Staff

Executive Director	Extension
Rosemarie Hoyt	7989

Operations Specialist	7955
Ryan Balis	

Social Services	7992
Rosemary Wong	

Program Coordinator	7994
Marion Lecardo	

Senior Center Coordinators	
Bonnie Bolta	7258
Carrie Taylor	7730

Senior Center Project Coordinator	
Martha Santiago	7212



SCAM ALERT!

“New Medicare Card” Scam

The Connecticut Senior Medicare Patrol (SMP) program is receiving complaints from Medicare beneficiaries regarding a scam involving telephone calls to Medicare beneficiaries from scammers who claim that a new Medicare card is being issued but in order to receive it the beneficiary must provide or verify their bank information.

Please alert your senior community to beware of any telephone calls they receive requesting banking information and / or states new Medicare cards will be coming out. **Do Not give out your Medicare, Social Security, or Bank Account numbers over the phone.**

Medicare does not call you to request personal information.

Grandparent Scam

This scam involves a phone call from a scammer claiming to be a grandchild who is in trouble with the police, or in the hospital or stuck in another country and needs the grandparent to wire money immediately. The grandparent is also told not to contact the grandchild's parents and to wire the money to a specific location. The grandparent sends the money then finds out it wasn't the grandchild calling and the scammer now has the money.

Please advise seniors to be aware of this scam and never send any money without checking with family members or other trusted individuals to verify that the call is real.

Medical Savings Card Scam

A company called GMY out of Atlanta, GA with a phone number of 866-680-0169 is calling seniors to try and get their bank account information to sign them up for a Medical saving card.

Please alert seniors not to fall victim to this scam. Once scammers have your bank account and credit card number, they can drain your accounts, submit new purchases to your credit card, commit identity theft for their own gain.

Free Medical Alert System Scam

Scammers, posing as representatives for medical device companies are calling and promising “free” medical alert systems. After offering the device, scammers then ask for money, personal information and banking information in return for the “free” medical alert system.

Please advise seniors to hang up immediately, if they receive such a call and do not to give out personal or banking information in unsolicited phone calls.

OBAMA Care Scam

Scammers are using the Affordable Care Act to deceive consumers and obtain social security numbers. The Connecticut Better Business Bureau urges consumers to watch out for solicitations involving the Affordable Care Act (ACA), or as it is

commonly known, Obama care.

When provisions of the law come into effect October 1, 2013, consumers may purchase health insurance through state-run exchanges. The Connecticut program is called Access Health CT.

“Scammers are exploiting confusion about the Affordable Care Act to get consumers to divulge personal information, or pay for services that are not required,” according to Connecticut Better Business Bureau Executive Communications Director, Howard Schwartz. “This has been building over the past year, and we can expect to see more of these scams as October approaches.”

Government agencies such as the Federal Trade Commission (FTC) and consumer advocacy groups are reporting an uptick in complaints about health care overhaul-related scams.

The FTC is alerting consumers about a telemarketing scam, in which the caller claims to be a Medicare employee, and demands money in order to continue eligibility. In other cases, consumers may be directed towards websites or telemarketing call centers to sign up for health insurance at a discount.

There is only one place to shop for qualified health plan: HealthCare.gov, which is run by the FTC's Center for Medicare and Medicaid Services.

Better Business Bureau offers the following tips to help you spot health care fraud, or if you have an elderly friend or relative who may be susceptible to these kinds of tactics:

Hang up the phone - If you get one of these calls, just hang up. You may be tempted to call back, but this will only give the scammer another opportunity to steal your information. Also, be sure not to press any buttons that the scammer instructs.

Never give out personal information - Never give out your bank account numbers, date of birth, credit card number or social security number.

Don't rely on caller ID - Some scammers are able to display a company's name or phone number on the caller ID screen. Don't trust that the information you see is true.

The government rarely communicates via phone calls. Most of the time, the government uses traditional snail mail to communicate to consumers. The government rarely calls, emails or texts, so don't give your information to these types of government messages.

More information on the ACA is available from the Health and Human Services website, the Health Insurance Marketplace, and in Connecticut, on the Access Health CT website, by telephone at 860-757-5300 or email, at ctix.inquiries@ct.gov.

Please report scams to the local SMP program at your regional Area Agency on Aging: 1-800-994-9422.

**EISENHOWER SENIOR CENTER
263 GOLDEN HILL STREET
BRIDGEPORT, CT 06604
206-576-7993**

Rosemarie Hoyt, Executive Director

**Open daily from 8:30 a.m. – 4:30 p.m.
Nutritious Lunch offered Monday through Friday,
call for reservations at (203) 335-6175.**

Also available: Computer Room, Information, Referrals, and Social Services.

EVENTS

Oct. 15– HU KE LAU
Show, lunch, coach...\$85.00

FALL FOLIAGE IN CT
To be announced

Greek Church Dinner
Sponsored by Parks & Recreation
To be announced

November

Nov. 8—Westchester Theatre \$85.00
White Christmas

GRANDPARENTS GROUP



To become a member/
information call Sheila at
203-707-4873

Red Hat Gathering



September
Call Sheila at:
203-707-4873

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Swim/Exercise 8:30— 11:30 Wii Practice Daily And Computer Rm. 9:00-2:00 Lunch Ceramics 10:00-3:00	Swim/Exercise 8:30— 11:30 Wii Practice and Computer Rm. Ceramics 10:00-3:00 Lunch	Swim/Exercise 8:30—11:30 9:00-2:00 Wii Practice and Computer Rm. Ceramics 10:00-3:00 Lunch Bingo-1:00-3:00	Swim/Exercise 8:30—11:30 Wii Practice Computer Rm. 9:00-2:00 Ceramics 10:00-3:00 Lunch	Swim/Exercise 8:30 – 11:30 Wii Practice Computer Rm. 9:00-2:00 Ceramics 10:00-3:00 Line Dancing \$2.00 per person 11:00 – 12:00 Lunch Bingo-1:00-3:00

HISTORY OF BRIDGEPORT

Deindustrialization

Like other urban centers in Connecticut, Bridgeport fared less well during the deindustrialization of the United States in the 1970s and 1980s. Suburban flight as well as overall mismanagement, for which several city officials were convicted, contributed to the decline.

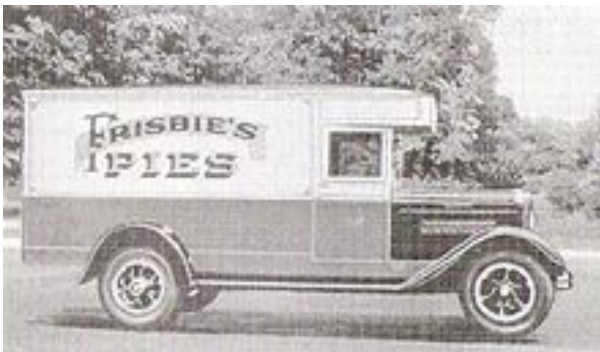
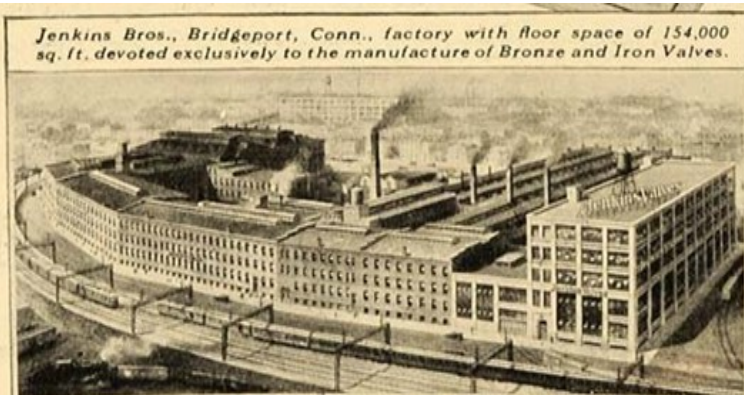
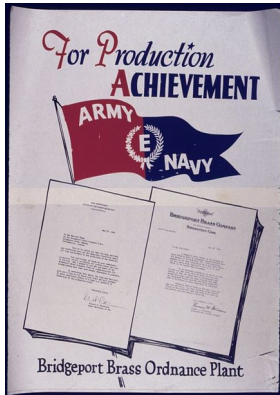
From the mid-1960s through the early 1990s, Bridgeport was one of the most dangerous cities in Connecticut. As with many urban New England cities, such as New Haven and Hartford, the city had a high crime and murder rate. In following years, Bridgeport soon became ravaged by urban blight. A large white flight occurred in the city, as it started to become a much more dangerous place to work and live. Soon, the population of the city declined as many company's began laying off their employees, thus dropping city employment rate. The total population dropped from 158,709 in 1950 to 141,686 in 1990. The city also operated many public housing projects, some of which still stand today, and some of which were known nation-wide due to their high crime and deplorable conditions. Such projects were Beardsley Terrace/Trumbull Gardens Apartments in the city's North End, P.T. Barnum Apartments on the West Side, Pequonnock Apartments and Marina Village in the South End, the Green Apartments in the Hollow, and the most infamous: Father Panik Village. Father Panik opened in 1939 as the first of its

kind in New England, and the sixth largest public housing project in the county, located in the Lower East Side. It would later be known as one of the worst housing projects in the United States. In 1982, Bridgeport Housing Authority's projects were deemed deplorable by federal officials and eventually placed the Housing Authority on the country's "troubled list". However, by 1988, the infamous Father Panik Village was torn down. Today, only a vacant lot several blocks in size, remains. The city also experienced problems with arson during this time, leading to whole neighborhoods burning down, at the same time as cuts and company closures occurred to the Bridgeport Fire Department. In 1974, General Electric moved their headquarters from the city's East Side to neighboring Fairfield, Connecticut. Other manufacturing companies that had been the symbol of the city also began to relocate out of Bridgeport.

In 1987, the L'Ambiance Plaza residential project, which was under construction at the time, collapsed, killing 28 construction workers. It was the worst disaster the city had faced at that point, and one of the worst in Connecticut. Emergency crews from around New England responded to assist Bridgeport's Fire and Police Departments in the rescue and recovery effort.

In 1991, the city filed for bankruptcy protection but was declared solvent by a federal court.

Down Memory Lane



NORTH END BETHANY SENIOR CENTER
20 Thorne Street
Bridgeport, CT 06606
Tel. 203-576-7730
Carrie Taylor, Coordinator

Daily Nutrition Program, call for registration.

Oct. 1—"A Matter of Balance"

9:30 a.m.—11:30 a.m.

**Help reduce the fear of falling and
increase the activity levels of older adults
who have concerns about falling.**

Oct. 25—Medicare Reform

11:15 a.m.

**Free Seminar & Refreshments
Provided**



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Chat Session 9:00-10:30 Wii Practice 10:30-12:00 Lunch Bingo 1:00-3:00	Chat Session 9:00-10:30 Exercise Class 10:00-10:30 Craft Classes 10:30-12:00 Lunch	Billiards Lunch Pokeno 1:00-3:00	Chat Session 9:00-10:30 Wii Practice 9:30-10:30 Lunch Pokeno 1:00-3:00	Pinochle 9:30-12:00 Lunch Bingo 1:00-3:00

SOCIAL SERVICE INFORMATION

ROSEMARY WONG

203-576-7993

RENTERS REBATE ENDS OCTOBER 1ST 2013

On June 19, 2013 Governor Malloy signed Public Act 13-234. Section 38 of this act closes the renters rebate program to any new applicants applicable to applications received on and after April 1, 2013.

Any renter who did not receive a grant FOR the calendar year 2011 shall not be eligible to apply for the program (grants FOR calendar year 2011 would have been received between October 2012 and June 2013).

Any renter who did receive a grant FOR calendar year 2011 will continue to be eligible to apply, however, if any such individual fails to receive a grant in any subsequent calendar year they will then no longer be eligible to apply.

OPM will notify any renter whose application will be affected by this change if their application has been entered into the portal prior to July 1, 2013.

Health Care Marketplace and Medicare

One of the key highlights of the **Affordable Care Act (Obama Care)**, the healthcare marketplaces will open on October 1, 2013 across the country. Connecticut is one of 14 states that are operating their own individual marketplace. Most of the other states who have opted not to create their own exchange will defer to the Federal Market Place. Connecticut's exchange, called *Access Health CT* will enable individuals aged 18-64 and those not on Medicare or Medicaid to compare and

shop for qualified health plans through the marketplace which opens Oct. 1st through March 31st. No one can be denied coverage because of a pre-existing condition.

Five Things Medicare beneficiaries Need to know about the Health Insurance Marketplace

1. *The health insurance mandate which requires most individuals to have health insurance in 2014 does not apply to anyone on Medicare.*
2. *The marketplace is a place for individuals who don't have insurance to shop for a health plan. Anyone on Medicare does **NOT** need to purchase any insurance through the marketplace. In fact, it is illegal for someone that knows you are on Medicare to sell you a plan through the marketplace.*
3. *Open Enrollment for the market place is **NOT** to be mistaken for Medicare's Annual Open Enrollment for Part D and/or Medicare Advantage Plans*
4. *Do **NOT** share your Medicare number or other personal information with anyone who calls or knocks on your door trying to sell you a plan.*
5. **If someone calls you and tells you that you need to enroll in a plan or you will be penalized, you should ask for their name and phone number and then hang up with them and call CHOICES/Senior Medicare Patrol at 800-994-9422 to report them.**

Info above provided by SWCAA.

EAST SIDE SENIOR CENTER
1057 EAST MAIN STREET (Corner of Arctic St.)
Bridgeport, CT 06608
(203) 576-7212
MARTHA SANTIAGO, PROJECT COORDINATOR

Open Daily 9:00 a.m.-4:00 p.m.
Daily Nutrition Program, call for registration.
Daily activities are Dominos, Billiards, Needlecraft and Television

Blood Pressure Screening every Wednesday 9a.m.-11:00 a.m.
Yoga every Wednesday 10:30 a.m.-11:30 a.m.



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Dominos Billiards Television Needle craft Lunch	Dominos Billiards Television Needle craft Lunch	Yoga 10:30-11:30 Dominos Billiards Television Needle craft Lunch	Dominos Billiards Television Needle craft Lunch	Dominos Billiards Television Needle craft Lunch

HEALTH & WELLNESS

Prevention News

Men Go Through Menopause, Too

The hormone they could be missing

By [Markham Heid](#)

Just as aging women experience a drop in estrogen, older men suffer from diminishing levels of testosterone—a common condition that can cause unfortunate physical changes and loss of libido. But while millions of guys now take prescription treatments for their low testosterone—also known as T—a lack of estrogen, or the big E, may also be part of a man's problems, suggests research from Massachusetts General Hospital.

In order to figure out how low testosterone changes a man's body, the study team treated hundreds of guys with drugs that stopped production of all reproductive hormones—both testosterone and estrogen. The researchers then offered the men treatments that restored either testosterone and estrogen, or just T. Among the estrogen-deficient dudes, body fat accumulations were significantly greater—and both sexual desire and erectile function suffered—compared to men who received both T- and E-boosting drugs, the research shows.

[Triumph over menopause weight gain and burn calories 2.5x faster!](#)

Put simply, several male problems doctors

typically associate with low testosterone—problems like loss of libido, loss of bone, and weight gain—become worse when men lack sufficient amounts of estrogen, explains study coauthor Joel S. Finkelstein, MD, an endocrinologist at Mass General and corresponding author of the *New Journal of Medicine* study. All men convert *some* of their body's testosterone into estrogen. In fact, healthy older men have more than *double* the amount of estrogen found in post-menopausal women, Dr. Finkelstein says. But it still came as a surprise to the researchers that low-E would have such significant effects on men's fat accumulation and sexual function—regardless of T levels, he adds.

Should you worry about low E? For most men, the answer is no. Dr. Finkelstein says estrogen deficiency is usually seen only among prostate cancer sufferers treated with hormone suppression drugs. For those men, testosterone-boosters aren't an option because they would interfere with the cancer therapy. But estrogen-boosting treatments might help these cancer sufferers ward off fat accumulation and loss of sex drive, he adds.

Bottom line: Men rely on estrogen as well as testosterone to remain physically fit and healthy. And this new understanding of estrogen's importance may help doctors develop therapies to combat age related body changes and loss of sexual function among men, the Mass general research suggests.

BLACK ROCK SENIOR CENTER

2676 Fairfield Avenue
Bridgeport, CT 06605
Tel. 203-576-7258
Bonnie Roach, Coordinator

Open Daily 9:00 a.m.-4:00 p.m.

Daily Nutrition Lunch Program, call Gloria for registration at 203-579-1323.

Blood Pressure Screening, last Thursday of the month from 10 a.m. to 12 p.m.

Events

Oct. 16—Essex Train Ride
Deposit & RSVP by Friday, 10/11/13

Oct. 29—Foxwood Trip
Cost: \$20. Payment before 10/25/13

Oct. 31—Halloween Costume Party-12 p.m.
With October Fest Luncheon
1st, 2nd and 3rd for best costume.
RSVP and Payment by 10/25/13



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Wii Practice And Line Dancing with Gloria 10:00-12:00 Lunch	Wii Practice 10:30 Zumba 11:15 \$1.00 per person 10:30-12:00 Lunch Movie Matinee 12:30-2:30	Wii Practice 10:00-12:00 Lunch Bingo 12:30-3:00	Zumba \$1.00 per person 10:30-11:15 Lunch Shopping trips Rotated Big Y, Wal-Mart, Stew Leonard's, Christmas Tree 1:00 p.m.	Crafts 10:30-11:30 Lunch Card Games

HEALTH & WELLNESS

INFUSED WATER- A NEW CONCEPT



Here are their benefits to help with detoxification energy and hydration. put as much fruit in water as you like and let the water sit for at least 30 minutes before drinking(1) Green tea, mint, lime----fat... burning, digestion, headaches, congestion and breath freshener.(2) Strawberry, kiwi-----cardiovascular health, immune system protection, blood sugar regulation, digestion(3) Cucumber, lime, lemon----water weight management, bloating, appetite control, hydration, digestion(4) Lemon, lime, orange-----digestion vitamin C, immune defense, heartburn, (drink this one at room temperature) Do not keep longer than 48 hours you can put more water using the same fruit, but discard after 48 hours.

Every 35 days , your skin replaces itself .
Your liver, about a month .
Your body makes these new cells from the food you eat . What you eat literally becomes you . You have a choice in what you're made of .
you are what you eat.



WHY DO PEOPLE TAKE POTASSIUM

Potassium is necessary for the heart, kidneys, and other organs to work normally

Most people who eat a healthy diet should get enough potassium naturally. Low potassium is associated with a risk of high blood pressure, heart disease, stroke, arthritis, cancer, digestive disorders, and infertility.

Potassium deficiencies are more common in people who:

- Use certain medicines, such as diuretics and certain birth control pills
- Have physically demanding jobs
- Are athletes
- Have health conditions that affect their digestive absorption.
- Have an eating disorder
- Smoke
- Abuse alcohol or drugs

Always take potassium supplements with a full glass of water or juice.

you get potassium naturally from foods?

Good natural food sources of potassium include:

- Bananas
- Avocados

- Nuts, like almonds and peanuts
- Citrus fruits
- Leafy, green vegetables
- Milk
- Potatoes

Keep in mind that some types of cooking, such as boiling, can destroy the potassium in some foods.

What are the risks of taking potassium?

- Side effects. At normal doses, potassium is fairly safe. It may cause an upset stomach. Some people have allergies to potassium supplements.
- Interactions. Potassium supplements may not be safe if you take certain medicines for diabetes, high blood pressure or heart disease. Check with your doctor first if you take any medications before you take potassium supplements.
- Warnings. People with kidney disease, diabetes, heart disease, stomach ulcers, or other health problems should never take potassium supplements without talking to a doctor first.
- Overdose. Signs of a potassium overdose include confusion, tingling sensation in the limbs, low blood pressure, irregular heartbeat, weakness, and coma. Get emergency medical help immediately